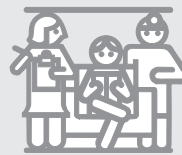




## How to wash your hands

*Careful hand washing after going to the bathroom is necessary to reduce bacteria on your hands and to prevent infection. To wash your hands properly, you will need warm running water, soap, and a clean towel.*

1. Turn on the water.
2. Wet your hands and wrists with water and apply a liberal amount of soap. Be sure to get the soap under your nails and between your fingers.
3. Wash your hands thoroughly under running water for at least 15 seconds. Pay special attention to the areas under your nails and between your fingers.
4. Rinse your hands well while rubbing them together under the running water. While rinsing your hands, hold your fingertips downward.
5. Turn off the faucet with a paper towel to avoid getting anything on your hands.
6. Dry your hands with a clean towel.
7. If desired, use hand lotion.



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